

## 2019 Live Healthy Iowa 5K - Sergeant Bluff

Saturday April 13th, 2019

| 5K Divisions             | First Name | Last Name            | City             | Times    |
|--------------------------|------------|----------------------|------------------|----------|
| 5K   30 - 39   Male      | Kyle       | Hoffman              | Sioux City       | 19:09:00 |
| 5K   20 - 29   Male      | Cody       | Bardell              | Sioux City       | 19:17:00 |
| 5K   30 - 39   Male      | Rafael     | Schreiner            | Sergeant Bluff   | 20:04:00 |
| 5K   20 - 29   Female    | Rheanne    | Haws                 | Sioux City       | 21:06:00 |
| 5K   30 - 39   Female    | Emily      | McGaffin             | Sioux City       | 21:13:00 |
| 5K   50 - 59   Male      | Todd       | Hensley              | Sioux City       | 23:46:00 |
| 5K   30 - 39   Male      | Juan       | Munoz                | Sioux City       | 24:09:00 |
| 5K   30 - 39   Female    | Abbi       | Boutwell             | Sioux City       | 24:15:00 |
| 5K   12 & Under   Male   | Nathan     | Myers                | Sergeant Bluff   | 24:16:00 |
| 5K                       | Jessica    | Barnes               |                  | 26:48:00 |
| 5K   40 - 49   Male      | Malcolm    | Moon                 | Sioux City       | 27:01:00 |
| 5K   40 - 49   Female    | Becky      | Gaul                 | Sergeant Bluff   | 28:59:00 |
| 5K   30 - 39   Female    | Silvana    | Cavalcante Schreiner | Sergeant Bluff   | 29:12:00 |
| 5K                       | Tom        | Grimsley             |                  | 29:38:00 |
| 5K   16 - 19   Female    | Kathleen   | Burnight             | Sioux City Iowa  | 31:50:00 |
| 5K   13 - 15   Female    | Samara     | Hruska               | Sergeant Bluff   | 32:34:00 |
| 5K   60 & Over   Female  | Marcia     | Watson               | Sioux City       | 32:55:00 |
| 5K   40 - 49   Male      | Brian      | Burnight             | Sioux City Iowa  | 35:12:00 |
| 5K                       | Mary       | Watchhorn            |                  | 35:45:00 |
| 5K   40 - 49   Female    | Brenda     | Burnight             | Sioux City Iowa  | 37:15:00 |
| 5K   50 - 59   Female    | Dawn       | Maslonka             | Homer            | 42:44:00 |
| 5K   40 - 49   Male      | Todd       | Raasch               | Sioux City       | 43:45:00 |
| 5K                       | Heather    | McFarland            |                  | 48:40:00 |
| 5K   50 - 59   Female    | Dora       | Houts                | Sioux City       | 49:16:00 |
| 5K   50 - 59   Male      | Glen       | Houts                | Sioux City       | 49:17:00 |
| 5K   50 - 59   Female    | Karen      | Bruene               | Sioux City       | 50:34:00 |
| 5K   60 & Over   Female  | Margo      | Nixon                | Kingsley         | 51:51:00 |
| 5K   13 - 15   Female    | Ali        | Holder               | Sergeant Bluff   | 51:52:00 |
| 5K   40 - 49   Female    | Tracy      | Castle               | Smithland        | 52:06:00 |
| 5K   12 & Under   Male   | Drew       | Castle               | Smithland        | 52:08:00 |
| 5K   50 - 59   Male      | Dan        | Castle               | Smithland        | 52:14:00 |
| 5K   30 - 39   Male      | Richard    | White                | Sloan            | 52:15:00 |
| 5K   12 & Under   Female | Samantha   | White                | Sloan            | 52:52:00 |
| 5K   40 - 49   Female    | Lori       | Neyens               | Le Mars          | 52:53:00 |
| 5K   30 - 39   Female    | Dianna     | Hollinrake           | Sioux City       | 53:01:00 |
| 5K   40 - 49   Female    | Stacie     | Means                | Hinton           | 53:01:00 |
| 5K   30 - 39   Female    | Valerie    | White                | Sloan            | 53:02:00 |
| 5K   50 - 59   Female    | Sondra     | Pageler              | Le Mars          | 54:58:00 |
| 5K   50 - 59   Female    | Cindy      | Alioth               | Sergeant Bluff   | 54:59:00 |
| 5K   50 - 59   Female    | Angie      | Beeck                | Sioux City       | 54:59:00 |
| 5K   50 - 59   Female    | Lori       | Mehrer               | Merrill          | 56:31:00 |
| 5K   50 - 59   Female    | Lisa       | Brown                | Hinton           | 56:32:00 |
| 5K   30 - 39   Female    | Maureen    | Nelson               | Sioux City       | 57:51:00 |
| 5K   20 - 29   Male      | Jacob      | Donahue              | Yankton          | 60:00:00 |
| 5K   20 - 29   Male      | Jesse      | Sherrill             | South Sioux City | 60:00:00 |
| 5K   60 & Over   Female  | Terri      | Koehn                | Moville          | 61:00:00 |

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Saturday April 13th, 2019

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|--------------------------|------------|-----------|---------|----------|
| 5K   60 & Over   Male    | Larry      | Koehn     | Moville | 61:00:00 |

| 1K Divisions           | First Name | Last Name            | City           |
|------------------------|------------|----------------------|----------------|
| 1K   12 & Under   Coed | Marina     | Cavalcante Schreiner | Sergeant Bluff |
| 1K   12 & Under   Coed | Felipe     | Cavalcante Schreiner | Sergeant Bluff |
| 1K   12 & Under   Coed | Mya        | Kleve                | Sergeant Bluff |
| 1K   12 & Under   Coed | Carter     | Kleve                | Sergeant Bluff |
| 1K   12 & Under   Coed | Jaycee     | Koehn                | Kingsley       |
| 1K   12 & Under   Coed | Jack       | McGaffin             | Sioux City     |